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Bangalore Mirror ON SATURDAY

TEMP Max 27 | Min 19 | Humidity 65% Partly Cloudy Sensex 67,625 | Nifty 20,267 | Gold 62,507 | Silver 76,211 | Dollar 83.34 | Euro 90.55 | GBP 105.22

NOT LINKED IN
BU needs metro feeder buses
PAGE 2

AXE EFFECT
Ejipura flyover work resumes
PAGE 8

Illegal borewell sinking rampant as agencies mandated to check practice dilly-dally on accountability

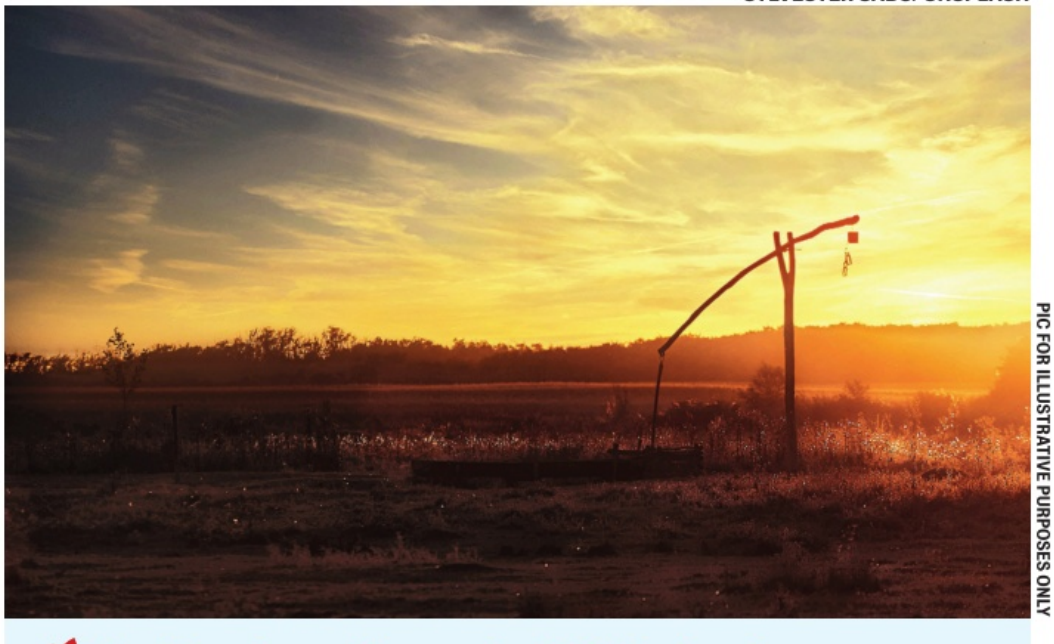
THIS AIN'T GOING WELL

'Illegal' borewell drilling activity in Whitefield on Nov 27

SYLVESTER SABO/UNSPLASH

Garima Prasher
garima.prasher
@timesgroup.com

TWEETS @BangaloreMIRROR



PIC FOR ILLUSTRATIVE PURPOSES ONLY

Confusion reigns supreme in Bengaluru when it comes to illegal borewell digging, and more so, on the role of different government agencies in halting such activities and penalising defaulters.

Even as illegal drilling cases surface daily, authorities seem to be a confused lot. This is despite a special team that was created recently to prevent illegal borewell digging in urban areas.

The tale of utter confusion began with an illegal borewell drilling activity in the Whitefield area on November 27. The illegal activity was reported by citizens on the same day to both Bangalore Water Supply and Sewerage Board (BWSSB) and Karnataka Groundwater Authority (KGWA) officials.

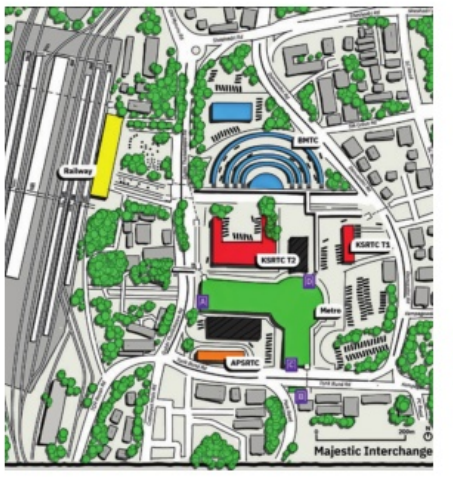
Upon receiving the complaint, BWSSB officials visited the site and confirmed that the site owner did not have permission to drill. They halted the work; KGWA officials were intimated so as to take punitive

CONTINUED ON PAGE 2 »

> **"Residents woke up to drilling noise on Tuesday morning... illegal drilling continued despite multiple complaints raised to authorities concerned**
>
> — Resident of the area

A Majestic map for the people

Great representation of one of the most complicated interchanges in Bengaluru, netizens say



Rachana Ramesh
c-rachana.ramesh@timesgroup.com

TWEETS @BangaloreMIRROR

Bengawalk, a public transport enthusiast group has come up with a 'people-friendly' map of the Majestic area in Bengaluru. Frequent commuters lauded the effort, and stressed on the need for better designed maps and signages across the Majestic metro station to help commuters navigate their switch into other modes of transport with ease.

The group said that the current maps used within the Majestic metro station have a few issues. The Majestic metro station is where one is required to interchange between the Purple and Green lines in order to reach their destinations.

"But it's also where you can change between the metro, BMTC buses, KSRTC buses and Indian Railways. There's a network of footpaths, foot over bridges, subways that pedestrians can use, but these are not represented properly in the current maps," the group explained the flaw in the maps, in a geographical context.

CONTINUED ON PAGE 6 »

3 THINGS TO DO

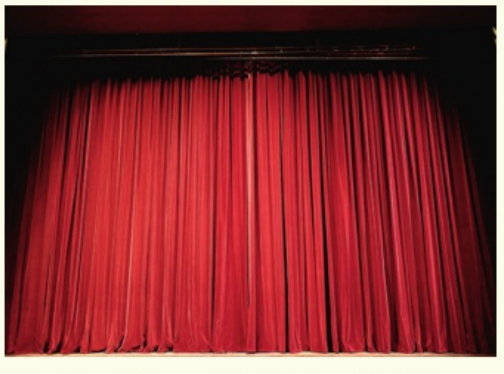
01 Earth rhythms

Get ready for unique live music experiences at Echoes of Earth, which is a celebration of music, art, culture, and conservation efforts. The 6th edition of the festival highlights the interconnectedness of India's richest biodiversity hotspot,the Western Ghats. This year, the festival features artists such as Haribabu Natesan, the Aravani Art Project, and Siddharth Karawal.
Where: Embassy International Riding School
When: December 2 and 3

02 Loads of goods

Get ready to visit one of the most trending fashion showcases at the Hi Life Exhibition. You can find an exclusive collection of ethnic designs, fashion apparel, accessories, jewellery, and fashion statements for your home. Don't forget to indulge in finding footwear, rugs and carpets, furniture, capes, jackets, bridal ensembles, and more.
Where: The Lalit Ashok
When: until December 3; 10 am to 8 pm

03 Dance ritual



More than 400 incredible kids from Makkala Jagriti are coming together to perform in Malleswaram. Makkala Raaga aims to celebrate the diversity of India's seasons. The music and dance performances portray the influence of nature on the lives of Indians across regions and religions.
Where: Chowdiah Memorial Hall
When: December 6; 3 pm and 6:30 pm

Crucial need: Mobility network for college

Bangalore University students urge BMTC to provide metro feeder buses from Jnanabharathi Metro Station to Vijaynagar

Rachana Ramesh
c-rachana.ramesh
@timesgroup.com
TWEETS @BangaloreMIRROR

Students of Bangalore University have requested the Bangalore Metropolitan Transport Corporation (BMTC) to provide metro feeder buses from Jnanabharathi Metro Station to Vijaynagar. Students say that the service would benefit them not only from reaching the university from the metro station but also from commuting in and around the vast premises.

Lokesh Ram, President of the Bangalore University Post Graduate and Research Scholars Union, told Bangalore Mirror that if introduced, the metro feeder bus would be very beneficial. He explained that, currently, students make use of BMTC buses that run through a portion of the university through the Bangalore University Road for commuting in and around the premises. However, several departments, including mathematics, commerce, visual arts, microbiology, and the Centre for Gandhian Studies, among others, lie on Gandhi Marg Road, on which BMTC buses do not ply. Even the Pariksha Bhavana (examination centre), which is often visited by students, is situated on the Gandhi Marg road.

"Buses originating from KR Market and going towards Ullal, Upanagar, Doddabasti, and Manganahalli are made use of by students at present. There is no public transport available to reach the departments on Gandhi Marg Road. For example, girl students studying in the microbiology department are required to take a bus to the administrative block and further walk 1.5 km to reach their classes," said Lokesh.

Moreover, Gandhi Marg receives a hefty amount of traffic incoming from Nagarbhavi Circle. "If the BMTC began operating on the particular road, it might cause traffic snarls as the road is very narrow. The university will have to either widen the road or provide designated spaces for buses to make stops in order to ensure smooth movement of vehicles," he said, adding that ideally, the entry of private vehicles into the university must be banned.

> **"There is no public transport available to reach the departments on Gandhi Marg Road**
> –Lokesh Ram

Departments, including mathematics, commerce, among others, lie on Gandhi Marg Road, on which BMTC buses don't ply

Students have consistently proposed that the university stop the entry of private vehicles into the premises by diverting traffic onto a peripheral road and only allow public transport. However, these proposals have not been paid heed to. Temporarily, the BMTC can provide two metro feeder buses on the route during the commencement and ending hours of the university.

A student in the visual arts department said that he is required to walk from his hostel to the department on Gandhi Marg every day. "A lot of students in my department are hostelers, and we are required to walk close to one kilometre, particularly for our department. There are also students who have found accommodations in areas close to the university. Even if the metro feeder bus plys till Nagarbhavi Circle, it would be of much use to all the students, even those who do not travel using the metro," he said.

Prashanth KV, an MSc Zoology student, took to X (formerly Twitter) and called on authorities to introduce a feeder bus from Jnanabharathi metro station via various departments as well as the Ambedkar College of Economics and the National Law School of India, which are on the Jnanabharathi Main Road following Gandhi Marg. "Start on a trial basis and issue official notice to students regarding the buses through departments," he said.

Well or high water in Bengaluru urban

CONTINUED FROM PAGE 1

action, while no equipment was seized. However, drilling resumed by afternoon and a complaint was raised by locals again. The BWSSB officials visited the site again to stop the work and intimated KGWA officials yet again to take penal action.

Residents alleged that despite so many complaints raised, the illegal drilling work was completed and the borewell in question sunk and now functional. "Shockingly, drilling work resumed again, well into the late hours on Monday. Citizens reported the issue again to BWSSB and KGWA officials. However, BWSSB refused to respond. A KGWA official visited the site and intimated the residents that the work had been stopped and violators had been fined. He claimed the police are being called to seize drilling equipment and vehicles. However, residents woke up to drilling noise on Tuesday morning and bore witness to illegal drilling that continued despite multiple complaints raised with authorities concerned," said a resident of the area.

While drilling a borewell in Bengaluru without required permission is not allowed, confusion, chaos, and lack of coordination among authorities ensure illegal activity goes on unhindered. According to officials from KGWA, since BWSSB is responsible for granting permission for borewell digging, the agency is responsible for taking action in the event of illegal borewell digging.

"No borewells, whether private or commercial, can be dug in Bengaluru without obtaining permission from BWSSB. When it comes to illegal borewells, KGWA has delegated the power to BWSSB to impose fines or confiscate equipment and vehicles. KGWA can take action in other districts. When it comes to BBMP limits, action against illegal borewells has to be initiated by BWSSB only. They should check who has not taken permission from the board. The same has been intimated to BWSSB on multiple occasions in the past," said JG Jayanna, deputy director, directorate of groundwater, KGWA.

However, BWSSB officials beg to differ. According to a senior official BM spoke to, all borewell registrations happen at KGWA; the agency is responsible for taking action in case a complaint is filed. For borewells for residential purposes, an application has to be filed with BWSSB, which is followed up by an inspection by the board to understand the status of the Cauvery water supply status in the area. Based on the findings, BWSSB sent a letter to the deputy director of KGWA. KGWA then reviews the groundwater table in the area and recommends to what depth the borewell agency can reach to extract water. For commercial borewells, the application has to be sent to KGWA directly; BWSSB is not involved.

However, in the case of illegal borewells, it is a collective work. While BWSSB is supposed to stop the digging, further action has to be taken by KGWA. "There are two sets of actions required in the event of illegal borewell drilling. One is to stop the drilling and the second is to seize equipment and vehicles. BWSSB, in this case as well, performed the first line of activity. As far as seizing the vehicle is concerned, it was KGWA's responsibility. We stopped the digging and wrote to KGWA to take necessary action, which is to penalise the agency," said the official.

CID takes over female foeticide case

Govt transfers foeticide case, suspends officers

On Thursday, the Congress government in Karnataka handed over an investigation of the female foeticide scam to the Criminal Investigation Department (CID).

Chief Minister Siddaramaiah has made the decision and communicated it to the State Home Minister G. Parameshwara over the phone to finalise the formalities, according to the official statement from the Chief Minister's office.

Meanwhile, Karnataka Health Minister Dinesh Gundu Rao has pointed out evident dereliction of duty by certain officers. As a result, he has ordered the suspension of Taluk Health Officer Rajeshwari, and Ravi, who previously served as the District Health Officer in Mysuru district.

Minister Rao visited the jaggery manufacturing centre in Hullenahalli village, Mandya district, which was transformed into a scanning centre for conducting sex determination tests by the accused on Thursday. He also visited Mata Hospital where the abortions were conducted.

"Detection of gender is the worst form of cruelty. We have taken the case seriously. The public needs to be educated on this. The Health Department and the Police Department should work together meticulously in this case," he said.

"The irresponsibility of the officers is visible at the outset. We will form a programme to initiate strict measures across the state. Those who are involved in this must get severe punishment. Thousands of abortions have taken place. People should fear getting an abortion done. There is a huge gap in the gender ratio in the state. Society must change. If they are coming to a place like this for scanning gender, there is a need to create awareness," the Minister added.

Karnataka govt takes on twin challenges: foeticide and child marriage

"The investigation in connection with the case has been handed over to the CID. The Health Department will fully cooperate with the investigation. Action must be taken against those who indulge in female foeticide," he said.

Following the female foeticide scam that shocked the state, the Karnataka government convened an emergency meeting on Wednesday to discuss the situation and initiate action.

The investigation into the foeticide scandal in Bengaluru has uncovered shocking revelations. The accused reportedly aborted 3,000 female foetuses to date. Bengaluru Police Commissioner B Dayanand revealed that in the last three months alone, 242 female foetuses were terminated.

The accused had set a target of 1,000 abortions per year to mint money as they charged anywhere between Rs 20,000 to 25,000 per termination of pregnancy.

The scam came to light when Byappanahalli police, on October 15, tried to stop a vehicle moving suspiciously. The vehicle's driver did not stop and had to be chased by the police before being caught.

During interrogation, the accused admitted to the abortion racket following which the police arrested nine people, including two doctors and three lab technicians, for their involvement in the nefarious activity. **–IANS**

Campaign against child marriage

A campaign to free Karnataka of child marriage was launched in Bengaluru on Friday. The christened 'Violence Free Home' campaign will run for 11 days, beginning on December 1, and will involve street plays and candlelight marches across the city.

"The practice of child marriage has been embedded in our social fabric for ages. Despite it being a crime, this practice continues. As per the 2011 Census, in Karnataka, almost 4.8 lakh children were married off before the attainment of the legal age of marriage, which constituted approximately 4 per cent of all married children in the country. Through this campaign, we want people to pledge to stop this evil practice," said a representative of Slum Mahila Sanghatane, which is at the forefront of the campaign.

According to the representatives of the Action Aid Association, another organisation involved in the campaign, various reports indicate that child marriage is still rampant and implementation of the Child Marriage Prohibition Act has not been a success. It is also regretful that the foeticide issue is still rampant in Karnataka. The idea behind the campaign is to spread awareness about these issues," a representative said.

As part of the campaign, street plays will be conducted in seven wards across the city. The activity will be used to interact with young boys and girls and spread awareness. A candlelight march is also planned across all the seven wards on December 9 between 6 pm and 7.30 pm **–BMB**

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Realty buzz on the periphery

Circular railway, Satellite Ring Road to boost real estate growth

As Bengaluru City is growing in all directions, the realty sector in peripheral areas is set to get a big boost with mega infrastructure projects like the circular railway and satellite ring roads. Recently, the railways have proposed a circular railway across the city. A senior official said, "Public demand for connectivity from Satellite Towns to City centre will require high-speed train services to reach the destination in the minimum possible time, rather than having train services with the maximum speed potential of 90 Kmph with multiple stoppages as planned for BSRP5.

The Final Location Survey of a circular railway connecting the outskirts of Bengaluru city (Nidvanda-Doddaballapur, Doddaballapur-Devanahalli, Devanahalli-Malur, Malur-Heelalige, Heelalige-Hejjala, Hejjala-Solur, and Solur-Nidvanda) has recently been sanctioned by the Railway Board. This will greatly benefit the commuters."

Sandeep Reddy, a realtor, agreed that train travels play an important role as they help move outskirts so that people can easily travel to the city areas. "For example, cities like Mumbai and Chennai have seen rapid growth in the outskirts thanks to the trains. These trains are the lifeline of the people, and travel is not just easier but also economical. For a long time, there has been a demand to have the circular rail for the City.

Now, with the railway board approval, those staying in and around Doddaballapur road, Devanahalli, Malur, Solur, Nelamangala can easily reach the city. There are many affordable plots available where people can buy their houses and stay away from the city for a peaceful stay but will have these trains to easily head back to their work."

A railway official informed that train travel to nearby towns around Bengaluru will also become swifter as there are plans to enhance speeds to 130/160 kmph along important corridors of Bengaluru to Jolarpettai, Bengaluru to Dharmavaram, and Bengaluru to Tumkuru. "Work on speed raising to 130 Kmph in Bengaluru-Bangarpet-Jolarpet section has been completed. Provision of automatic block signaling to enhance capacity in the immediate future around Bengaluru in all directions.

Works for Doubling and Quadrupling along important corridors to precede the growth of the cities. Quadrupling of the section with automatic signaling from Bengaluru Cantonment to Whitefield is in progress and targeted to be completed during 2024-25."

Along with the circular railway, the Satellite Ring Road is also aiding the growth of the city.

NHAI is executing this ring road under the Bharatmala project and connects Dobbspet (Tumakuru road)-Doddaballapur (Hindupur road), Devanahalli (Hyderabad road), Hosakote (Kolar road), Hosur (Chennai road), Anekal (Thali road), Kanakapura (Kollegal road), Ramangar (Mysuru road), Magadi (Kunigal road) and Dobbspet.

The total length of this ring road is about 281 km (as against 116 kilometers identified for peripheral ring road and 60 kilometres of the existing Outer Ring Road) in Karnataka State and 45 km in Tamil Nadu. An official said, "Bengaluru is an outwardly and radially grown city and required more roads.

For example, if you take the NICE Road, travel time between Tumakuru Road and Hosur Road is less than an hour, and if you use the city's arterial road from Tumakuru to Hosur Road stretches between the NICE Road junctions, it may take three to four hours. Hence, STRR will be a welcome relief."

TD Shivakumar, a realtor, said that real estate development takes place when there are major infrastructure projects.

"If we look at the current growth of real estate, the nearby towns will soon be integrated with Bengaluru. Now, with the satellite ring road and proposed circular railway, many people find it to stay in the outskirts, and the city growth will be integrating the nearby towns recently," he said.

BM Property
Every Saturday
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Mahesh Malagi
9886721857

All You Need To Know About Housing Society Maintenance Fees

In a recent decision, the National Consumer Disputes Redressal Commission (NCDRC) granted significant relief to homebuyers facing challenges in incomplete housing projects. The ruling emphasises that builders cannot compel buyers to pay maintenance charges for flats in projects lacking the occupancy certificate from the relevant civic authority.

This decision stems from a case involving 15 buyers in Bengaluru who sought redressal. The consumer panel's key stance is that once homebuyers take physical possession of their units, it is reasonable to incur expenses for maintaining common services. However, crucially, if the occupancy certificate, indicating the project's full completion and fulfilment of promised services, is not obtained, builders are prohibited from imposing maintenance charges.

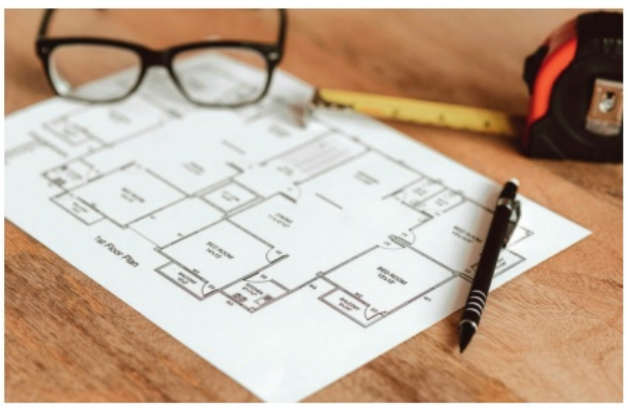
This serves as a protective measure for consumers who find themselves in the predicament of being compelled to take possession of incomplete homes and subsequently burdened with maintenance fees.

Decoding Society Maintenance Charges

While the specifics and regulations for calculating maintenance fees in housing societies vary across states, the underlying structure remains consistent. This principle also applies to tenant societies collecting monthly or yearly maintenance fees for rented apartment units within a complex. Delving into the detailed guidelines below offers valuable insights, with minor variations accounting for individual homeowner situations.

Service Costs: These are essential maintenance fees imposed by apartment complexes or cooperative housing societies. Residents pay these fees to avail of various services, covering society administration, technical support, cleaning crew, plumbing, and more.

Building Repair: This fee



addresses the cost of repairs for regular maintenance of community utilities. It is typically calculated per square foot or at 0.75% of the building cost for each apartment unit.

Parking: A flat-based maintenance charge determined by the society management body.

Water Inlets: Fees are based on water inlets and unit readings to determine water consumption in a housing unit.

Insurance: All properties in an apartment complex or cooperative society must be insured against adverse weather and accidents. The cost is shared among homeowners.

Property Tax: A government-imposed tax on the society, calculated per square foot and usually divided among homeowners in a complex.

Sinking Fund: This maintenance charge, around 0.25% of the building cost per apartment unit, is set by the society administration annually.

Non-Occupancy Charge: Units rented or unoccupied by owners incur this charge, generally not exceeding 10% of the service charges.

Failure to pay Society Maintenance Charges (SMC) may lead to legal action by the managing committee, including filing cases in consumer or civil courts. In severe instances, essential services like water or electricity supply may be disconnected.

Property Life Cycle

The regulations governing society or apartment maintenance charges play a pivotal role in shaping the overall life cycle cost of a property. While seasoned investors in commercial real estate or multinational corporations are well-versed in understanding the dynamics of maintenance charges, the same cannot be said for everyone, especially those purchasing homes.

Maintenance charges tend to be higher for commercial properties due to factors like central air conditioning and expansive common areas. In the context of ongoing construction projects, the discussion around maintenance charges might be deferred. However, for properties ready for occupancy, all charges, including apartment maintenance fees and various deposits, come into play, demanding upfront payment.

Government Guidelines On GST For RWAs

As of 22 July 2019, the Government issued Circular No.109/28/2019, addressing concerns related to Goods and Services Tax (GST) on monthly subscriptions or contributions collected by Residential Welfare Associations (RWA) from their members. According to the circular, maintenance or subscription charges paid by residents to the RWA are exempt from GST if the amount does not surpass Rs 7,500 per month, per member.. However, if the charges exceed Rs 7,500, GST is applicable on the entire annual maintenance charge.

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Neoliberal boom bust

The aspiring but gloomy wired world (quite weird too), made of decades-old tech revolution, is amusingly bland to evoke compassion but religiously plots to 'other' the others furthermore, even as an 'apocalyptic' future closes in.

Never mind. The neoliberal pied piper shall be at it, leading multitudes over the cliff to fall into cyclical ruin, perpetual penury and imminent death. Why are we still pliant, blindly betting on, tried and tested we like to think, western 'ingenuity' which has miserably lost its shine? Or did it ever shine - barring science or natural curiosities? Doubtful, when you hear of a bill trashed in Australia that was aimed to protect rights of indigenous peoples.

The aforesaid fact - implosion of neoliberalism - is as vivid as it could ever be when that house of cards fall, just as the house of Poe's Usher, before even a makeshift replica could be managed in poorer nations.

At least in the west - even in the boomtowns of the United States of the early 1900s or of the industrial revolution in post war Europe - the capitalist promise did trickle down in the form a decent living of standard to the lower strata -- up until tech took over at the turn of the century. But it ain't working in poorer populous nations - the catch up with the west game - even with the brute force of demographic prowess, as billions are caught in the web of a flailing pathetic imitation of western neoliberalism, finding it difficult even to sustain jobless growth as inequities peak.

Nevertheless, there are some learnings from the neoliberal fall. As a collective, we must be afraid that it is a tad too late for salvation here as the Mahatma did point to a sustainable direction, or redemption for the west busy reviving centuries-old enmities of biblical scale at present.

If only it were a measured approach in imbibing western ways, if not a total boycott, at opportune time in the past decades, one wonders, what would have been the societal trajectory for the famished tracts of settlements now housing immense populations left wanting a life/livelihood in poorer nations — we do have an example in Japan, though seemingly toeing the line of late after coming of its own.

As neoliberal head honchos jet-set and scramble for cover under the garb of saving humanity from the apocalypse at Cop28, the so-called climate summit overseen by oil barons of the gulf states (jokes apart), the ensuing stagnation of big tech or the so-called platform economy is brushed under the social media carpet.

The other day, a notorious mafioso handed over his home (a private island) in Dubai to the Italian law enforcement, hoping to reduce prison term. Paradox is now we have the city state of Dubai hosting the climate summit grandstanding as the saviour of poorer nations. When was the last time a public protest was allowed in a gulf state? Or a human right was upheld? Surely an artificial island can be raised from the seafloor and sold to drug cartels, or the heinous slaughter of a dissident journalist can be executed to a T in foreign soil, and the powers that be in question can get away with it. So why could the world not be saved by the same hands from the fallout of the climate emergency now — with an oil rig if you like? Whatever it takes, the west shall look away, and cheer perhaps.

Meantime, effort is to position so-called artificial intelligence as the next big thing. The CEO of an AI firm is given prominent space in the news as scraps are thrown at the poor as compensation for the west dirtying the world for centuries. If you read between the lines, and decipher what happened to NFTs or the metaverse, you shall catch the drift. It is not hard to glean how farcical the whole generative AI trope is.

Embracing the socialist west of the yore, the populous-developing-post-colonial world, now conveniently christened the global south, did manage to foster a prosperous generation or so but only to give way to the hollowness of neoliberalism which morphed into something far uglier when it all became just about aping the west. Venture after venture is failing, unable to factor in the contextual geography, its culture or demographic.

In this economy of fixer politicians, the proprietor of platform X formerly known as Twitter, one the world's richest men, swearing publicly at advertisers for boycotting X points to the aforementioned implosion of the neoliberal quagmire, leaning on to the monumental farce of platform economy now shapeshifting to AI.

Fact is we cannot hide behind 'humanity's good' either, as Michael Fassbender's character, an assassin, in his latest flick 'The Killer', sermonises in a monologue: "Of those who like to put their faith in mankind's inherent goodness, I have to ask, based on what, exactly?"

Don't say the P-word?

Activists slam govt's curbs on protests and even cultural event to express solidarity with Palestine; want freedom to protest

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

File photo of a group of youngsters holding placards in support of Palestine, at Church Street

Activists and writers have begun to call out the government for curbing voices of solidarity, and have organised a protest at Freedom Park on December 2, in solidarity with Palestine.

This is after a cultural event in solidarity with Palestine scheduled to be conducted on Wednesday was cancelled as the south division police denied permission. The event titled 'As We Bear Witness – An evening of poems, a short play, and other readings on Palestine' was supposed to be held in Ranga Shankara, including performances by singer MD Pallavi, actor-playwright Swetanshu Bora and artist Ramneek Singh. However, citing 'security issues' the police had instructed organisers to call off the event.

The incident has garnered much outrage from civil society groups as events in solidarity with Palestine have been consistently denied to be held by the police. While the previous denied events were set to be held in public spaces, this particular event was going to be an indoor one, not requiring permission from the police. "What right does the Bangalore Police Commissioner Mr Dayananda have to cancel an indoor programme?" said Bahutva Karnataka, a civil society group, while pointing out that the move is shameful on the part of the government as Chief Minister Siddarmaiah had recently said that steps were being taken to ensure the steps of Town Hall would be made free for protests and that protests were an integral part of democracy.

In September, High Grounds police had issued a notice to Gandhi Bhavan, Ambedkar Bhavan, and Sardar Patel Bhavan, instructing organisers to provide details of the programme to be held as well as the guests who would be present on the occasion, before providing the premises on rent. The police had justified the move claiming that it would help them better prepare for maintaining law and order. The notice also said that legal action would be taken against the management if a law and order issue arose and the police were uninformed regarding the programme priorly. It was also noted that due to the presence of VIP residences in the area, they would be required to take precautionary measures.

Activists have noted that such notices give the police apparatus arbitrary power to deny peaceful congregations in solidarity, as seen with a series of Palestine solidarity events being cancelled. They have also called for the order restricting protests to Freedom Park to be undone.

> **"What right does the Police Commissioner Mr Dayananda have to cancel an indoor programme?**
>
> –Bahutva Karnataka

Majestic interchange from above

CONTINUED FROM PAGE 1

Furthermore, the maps across the station are inconsistent. "The orientation of the same map changes across the station. Exits and landmarks don't match," they said. Along with this, maps inside the stations have a reflective finish as they are covered with a glass panel. "The station has a large quantity of ceiling lights which reflect off these panels making it difficult to read," the group said.

Netizens have appreciated the thoughtful design and have suggested a few changes that may help commuters navigate changing different modes seamlessly. "This is a really great representation of one of the most complicated interchanges in Bengaluru. Sorry to nitpick, but it would have been nicer if the pedestrian pathways connecting the different systems would have been differentiated a little from the roads," said a user.

Pravar from Bengawalk in a reply said that the team will attempt to fix the issues in an update shortly.

Horrifying hoax unleashes panic

PICS: KAUSHIK JN

School bomb threats spark multiple evacuations in 48 schools, put parents, children, school authorities on edge

On a seemingly routine Friday, chaos and panic struck Bengaluru as numerous schools reportedly received bomb threats. The situation unfolded rapidly, causing a wave of anxiety among students, parents, and school authorities. The incident raised concerns not only about the safety of the students but also about the credibility of the threats and the potential motives behind them.

Widespread panic and evacuations

The bomb threats spread fear like wildfire, prompting parents to rush to schools, even those not officially listed as threatened, to take their children home as a precautionary measure. This sudden surge of concerned parents added to the chaos, as schools grappled with the challenge of ensuring the safety of their students. Authorities responded promptly to the threat, with police confirming that 48 private schools had received bomb threat emails. In response, bomb disposal squads and anti-sabotage check teams were dispatched to the affected institutions. The immediate evacuation of students and staff followed, adhering to safety protocols and procedures. As the search operations unfolded, it was reported that no suspicious objects were found on any of the school premises. Preliminary investigations indicated that the bomb threats might be a hoax. However, given the gravity of the situation, authorities stressed the need for a thorough investigation to determine the origin and intent behind the threats.

Police investigation

Addressing the media, a senior police officer said, "So far, 48 schools in Bengaluru have received bomb threat emails. Search operations are almost over, and our teams have not found any suspicious objects on any of the school premises. Prime facie, it appears to be a hoax message. We are also in the process of registering a case in this regard, and a thorough investigation is underway." Despite the reassurance that there was no immediate threat, the panic had already set in. Students who had already reached schools were caught off guard, and parents, fueled by concerns for their children's safety, rushed to schools from their workplaces and homes.

Security measures

City Police Commissioner B Dayananda, providing an initial assessment, suggested that these bomb threats were likely hoaxes. He emphasized that similar incidents had occurred in the past and were later identified as pranks or acts of mischief. However, considering the heightened sensitivity around such threats, the government took the matter seriously.

Chief Minister Siddaramaiah issued instructions for a serious investigation into the email threats and directed authorities to enhance security measures at schools and temples as a precautionary measure. The government's swift response aimed at allaying fears and ensuring the safety of students.

Assurance from authorities

Deputy Chief Minister DK Shivakumar visited one of the schools that received a bomb threat, seeking information from school authorities and the police. Reassuring the public, he stated, "Prima facie, it appears to be fake (hoax). I spoke to the police... But we should be cautious. Parents are a bit worried, no need to worry. Police are looking into it."

Home Minister G Parameshwara provided additional details, mentioning that the threatening email had originated from kharijites@beeble.com. He stressed the need for a serious verification process to determine the credibility of the threats and identify potential perpetrators.

Public appeal

While acknowledging the possibility of a hoax, Home Minister Parameshwara affirmed that the government would not take the matter lightly.

He urged the public to remain calm and assured them that security measures were being tightened. The minister also highlighted the government's commitment to verifying the threats and, if necessary, involving central agencies in the investigation. In a bid to quell fears and offer reassurance, the government appealed to parents not to worry, emphasizing its commitment to the safety and security of students.

As authorities continue to investigate the incident, the focus remains on ensuring the well-being of students and preventing unnecessary panic in the community. **BMB**

Ejipura flyover work resumes; stirs worry

After a prolonged hiatus, BBMP resumes the Ejipura flyover project, despite criticism from activists and residents due to objections over tree removal

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMirror

Construction on the 2.5 km long Ejipura flyover has officially recommenced, but not without controversy, as eight trees are slated for removal. Sources reveal that the work had previously been paused due to objections from residents and environmentalists.

The paused Ejipura flyover project has officially resumed after months of inactivity. In the initial phase, Bruhat Bengaluru Mahanagara Palike (BBMP) has initiated tree felling within the project area. On Friday, eight trees were cut between St. John's Signal and Astrophysics Institute. However, BBMP sources indicate that tree-cutting was stopped today following instructions from the Deputy Conservator of Forests (DCF). There is substantial opposition from environmentalists and residents regarding the tree cutting, leading BBMP to temporarily halt the work.

Namma Bengaluru Foundation

On December 1, 2023, the Namma Bengaluru Foundation urged the Deputy Conservator of Forests Department to cease tree felling. Activists seek clarification from the Forest Department regarding the purposeful cutting of trees on footpaths and sidewalks, questioning the necessity to remove trees that don't impede construction.

BM story on November 20 about trees to be felled for the Ejipura flyover project

The letter advocates for BBMP to prioritise tree preservation on footpaths, opting for pruning, trimming, realignment, and completing civil work over cutting. It also urges DCF to conduct a public consultation for the slated tree removal. According to recent estimates, BBMP plans to remove 67 trees and relocate 17 to St. John's Medical College and Hospital premises.

"The trees are over 50 years old and are located on the sidewalks. We need to consider pruning and trimming these trees as they are not obstructing construction. The project should be completed by minimising extensive tree felling. We have submitted a petition expressing caution and seeking redressal for this concern to the DCF BBMP Forest," said Vinod Jacob of Namma Bengaluru Foundation.

After 40% of the work was completed by Simplex Infrastructure Limited, the Hyderabad-based contractor B Seenaiah & Company (Projects) Limited (BSCPL) won the tender for the remaining work. BBMP will require Rs 141.6 crores to complete the delayed project since 2017. While the project alignment hasn't changed, only 67 out of the 81 pillars have been completed to date.

File photo. BBMP restarts Ejipura flyover work after facing backlash for tree removal

"We need to consider pruning and trimming these trees as they are not obstructing construction. – Vinod Jacob, Namma Bengaluru Foundation

Kadalekai Parishe all set to kick off today

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Approximately 250 stalls and hundreds of farmers from Bengaluru Rural and surrounding areas are expected to participate in the three-day Kadalekai Parishe (Groundnut Fair) organised by the Karnataka Muzrai Department and Kadumalleswara Geleyara Balga, starting from December 2. Deputy Chief Minister DK Shiva Kumar and Minister for Transport & Muzrai Ramalinga Reddy will inaugurate the fair at 11 am on December 2.

"Arrangements have been made to provide all facilities and amenities for farmers participating in the Groundnut Fair. We are organising drinking water, toilets, and other essentials for farmers and their family members attending the fair. Last year, approximately 200 groundnut stalls were set up. This year, we are allocating space for 250 groundnut stalls during the three-day fair," said BK Shivaram, President of Kadumalleswara Geleyara Balaga. Shivaram mentioned that farmers are not required to pay fees for setting up stalls to sell groundnuts. "This marks the 7th edition of Kadalekai Parishe. With over 2.50 lakh visitors last year, we anticipate three lakh people to attend the three-day groundnut fair this year," he stated.

Shivaram also mentioned that arrangements are being made to provide eco-friendly bags for visitors who purchase groundnuts. "Our objective is to ensure the Groundnut Fair is free from plastic," he said, adding that many cultural programs will be held during the fair.

Among the numerous attractions at the fair, the star attraction will be the 20-foot Nandi bust made of eight quintals of groundnuts at the groundnut fair.

The organisers have decided to use 1,000 kilograms of groundnuts for the ceremonial bathing (abhisheka) of the Nandi idol, and the same groundnuts will be distributed as sacred offerings (prasadam) for the devotees.

File Photo. Visitors from B'luru and nearby areas gather in joy for the Kadalekai Parishe

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9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Dust hazards

HSR Layout

Last 10 days, workers discard debris from rooftop, causing dust scatter in BDA complex, HSR Layout. Debris poses significant risk to people and vehicles passing by. Despite complaints, BBMP and BDA show no concern.

Road shutdown

Old Madras Road

Udaya Nagar Main Road entrance, vital for commuters near Tin Factory on Old Madras Road, is closed for three weeks with no repairs initiated.

Delayed roadwork

Kumara Park Road

On 10th Cross, Kumara Park West, near the BDA head office, road work began just before the elections but has remained incomplete since then.

Unveiling impact: Black carbon's ice melt saga

City-based think tank points out role played by black carbon in melting snow and ice in Arctic, Himalayas, and Andes, at Cop28

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

The city-based Centre for Study of Science, Technology and Policy (CSTEP), during the United Nations' Conference of the Parties on Climate being held in Dubai, has highlighted the importance of reducing black carbon emissions to help avoid climate tipping points, build resilience, and deliver clean air.

Black carbon, emitted by fossil fuel is a contributor to air pollution

The report titled 'Case for Action on Black Carbon' was launched by CSTEP at the conference in association with the Clean Air Fund, Berkeley Air Monitoring Group, and Orbis Air, pointing to the gap between the growing evidence of climate impacts on black carbon and its absence from global climate strategies. It also highlights the role black carbon plays in speeding up the melting of snow and ice in the Arctic, the Himalayas, and the Andes, disrupting monsoon patterns in West Africa and India, and worsening the effects of dangerous heatwaves.

Experts argue that integrating this short-lived climate pollutant into climate strategy is an effective way to curtail near-term warming. They recommend that national governments include black carbon targets in their revised Nationally Determined Contributions (NDCs) for 2025 and promote measures such as deep decarbonisation of black carbon-rich sources and black carbon-free alternatives to residential biofuels through policies, regulations, and monitoring.

"Black carbon, emitted by fossil fuel and biofuel burning, is a significant contributor to outdoor and household air pollution and melts the snow and ice in the Arctic and the Himalayas. Our new report shows that solutions can be implemented now to reduce or even eliminate black carbon and associated air pollutant emissions. The time to act is now. We can't wait," said Dr R Subramanian, sector head, Air Quality, CSTEP.

Experts say black carbon poses the double threat of being harmful to our health and the planet. Breathing in black carbon can lead to increases in blood pressure, a high-risk factor for cardiovascular disease.

"Apart from hurting health, black carbon also warms the atmosphere and speeds up the melting of snow and ice, pushing the world closer to critical climate tipping points. By reducing black carbon emissions, we can stop these effects. Funding, particularly from national governments, multilateral development banks, development agencies, and philanthropy, is greatly needed to support further research into and drive greater action on black carbon, both at COP28 and beyond," said Sean Maguire from the Clean Air Fund.

Too many heads, spoil the monthly ration broth

Food and Civil Supplies Dept sees surge in requests for removal of names from ration cards

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

For a long time, the Food and Civil Supplies Department faced a surge in requests to add more family members, aiming to increase the monthly ration quantity. However, there has been a sudden shift, and the department is now flooded with requests for the removal of names from ration cards. A vital investigation reveals that names are being deleted as beneficiaries pursue new ration cards, designating a new woman as head of the family.

As the Karnataka-led Congress government launched its five guarantee programmes, the Gruha Lakshmi scheme sparked debates. Critics argued that this scheme could create rifts in families as the government aimed to disburse money to the 'woman head of the family'. Now, several months into the scheme, it's been discovered that there have been 'multiple' women heads in the family, at least for the sake of the scheme. An investigation uncovered that both 'atte' (mother-in-law) and 'sose' (daughter-in-law) have obtained fresh ration cards to establish themselves as the real woman head of the family and, therefore, the most eligible beneficiaries.

Initially, the government stated that the woman head of the family would receive Rs 2,000 per month. An official stated, "We had said that only the woman head of the family can claim the amount based on the senior-most member of the family on the ration card. This was done to prevent duplication so that not more than one beneficiary from the family is entitled to the money. However, now we are shocked to see that we have received thousands of fresh applications from the same family members, claiming they have become nuclear families and hence require new ration cards."

As per the Gruha Lakshmi scheme, only the woman head of the household is elegible for the benefit

> **"We had said that only the woman head of the family can claim the amount based on the senior-most member of the family on the ration card**
>
> –an official

For ration card modifications, the Food and Civil Supplies Department provided an option from October 19 to 21. Applicants could correct spellings, add or delete names, or change addresses. However, due to an overload of modification applications, the server crashed, affecting many applicants. However, even among the 1,000 plus ration cards receiving modification applications, a majority were for name deletions and fresh additions on separate cards.

The official explained, "If the names are present on the existing cards, they cannot apply for fresh cards or seek benefits. Hence, we were flooded with requests for deletions. Once the names are deleted, these people will apply for fresh ration cards."

As per the Gruha Lakshmi scheme notification, only the woman head of the household is eligible for this benefit. If the woman's husband is a taxpayer or GST payer, she will be ineligible. Applicants must apply through the Seva Sindhu portal between June 15 and July 15 to claim the benefit. After processing, the beneficiaries will be identified, and the money will be transferred directly to their bank accounts. The government also warns of strict action in case of any discrepancies. Meanwhile, there are a lot of allegations that a section of beneficiaries have yet to receive the benefits of the Gruha Lakshmi scheme.

Free electric bus service for BLF

Bengaluru Literature Festival will be providing free electric bus shuttle service, under contract from Bangalore Metropolitan Transport Corporation (BMTC), from Vidhana Soudha metro station (Exit A) for those attending the event from across the city. The move has been made in order to encourage the participants to use public transportation instead of their private vehicles.

Personal2Public volunteers, a campaign with the aim of inspiring commuters to use public transport at least twice a week, will be present at the literature festival as well as the metro station to assist the visitors on December 2 and 3. "We humbly appeal to everyone to use public transport as a personal contribution to our city and planet. Do bring your children and experience our metro and BMTC service," said Srinivas Alavilli from the Personal2Public campaign. **–BMB**

Metro timings to extend on match day

Given the T-20 cricket match being held in Bengaluru, BMRCL will be extending the train services up to 11:45 pm, leaving from the four terminal metro stations on the purple line and green line. Additionally, return journey paper tickets would be made available for sale at all metro stations on December 3 from 2 pm onwards. These paper tickets are valid for a single journey up to the closure of extended services of the day, originating only at Cubbon Park and MG Road Metro Station to any other metro station, on the same day of issue from 8 pm onwards. Besides, commuters can also purchase paper tickets for Rs 50 and QR code tickets for the normal rates with a 5 per cent discount on the day of the match, which will be valid for the whole day. The public is advised to purchase QR tickets on Whatsapp, Namma Metro App, or Paytm in advance. **–BMB**

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

PEACE OF NATURE

A dove perching on a high branch

The picture was clicked by BM reader **A Avani**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Waterlogging scenes: Expect invasion of snakes

Residents of Beratana Agrahara are facing waterlogging issues due to drainage connectivity problems in their area

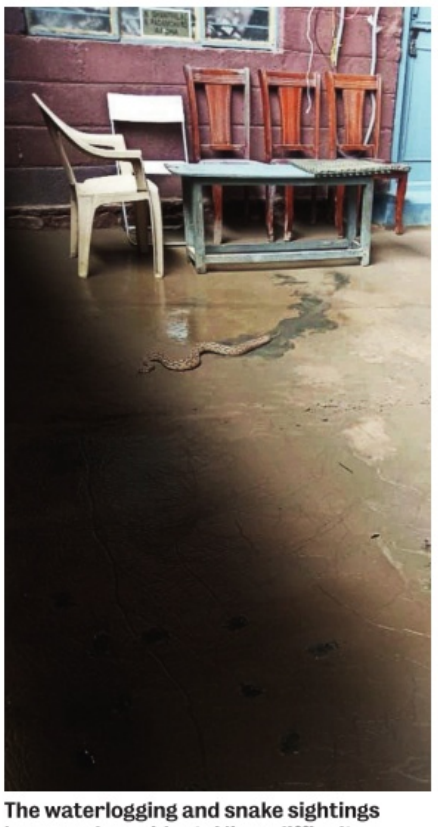
It may not be raining in the city, but there is water everywhere. Well, this is not fresh water but drainage water that is becoming a concern for the residents. The drainage connectivity issue in Beratana Agrahara, near PES Engineering College, next to Metro Cash and Carry on Hosur Road, has been continuing for the past one and a half years and has led to severe waterlogging. This has caused flooding, snake sightings, and bad roads for the residents of the area.

Vasudev Murth, a resident, said, "The lack of drainage infrastructure has resulted in waterlogging even with light rains, which has created a breeding ground for snakes. The residents are at significant risk on a daily basis. The lack of functional roads worsens the situation and hinders daily commutes. Even after raising numerous complaints with the Bruhat Bengaluru Mahanagara Palike (BBMP), there has been no action taken."

> **"There is also a residential area that houses 600 flats. The sewage line in the area has no end-to-end connectivity**
> –a resident

Many said that their complaints have fallen on deaf ears, and there has been no action taken. Residents are living under the fear of being attacked by snakes and other reptiles. They urge the authorities concerned to solve the drainage issue as soon as possible. Another resident said, "There is also a residential area that houses 600 flats. The sewage line in this area has no end-to-end connectivity, which causes waterlogging in the area. In addition to this, there are some industries that generate industrial waste. It has become a nightmare for us to travel on this road. The waterlogging and snake sightings make our daily lives difficult."

— Sanjana Rao



The waterlogging and snake sightings have made residents' lives difficult

Bangalore Mirror
There is something spurious in the water here

BM's report on October 10 about citizens suffering for years due to waterlogging

DID YOU KNOW?

Ashley William Joseph is a popular musician from Bengaluru. He is known for founding the William Joseph International Academy for Performing Arts. He has given performances on various international platforms, including the Philippine Philharmonic Orchestra and the Asian Chorale. He has received several awards and has been felicitated by the Government of Karnataka in 2008, the Messenger of Peace Award from the International Cultural Development and Exchange Group, and the ICYE Germany. He was also honoured for his performance in Malaysia.

GET HEARD WITH MIRROR

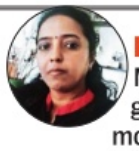
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How do you perceive the cost of living in Bengaluru?



Poornima Rajesh, BM Reader
Managing the cost of food and groceries in Bengaluru has become more difficult. The rising cost of basic necessities has been a very worrying development. Careful budgeting is now necessary to balance our family's necessities.

Rajesh, BM Reader
Even though we have a home and a reliable salary, the cost of living in Bengaluru is a major issue. It is challenging to manage our family's financial needs in light of rising living expenditures as education fees in particular are rising.

Manish, BM Reader
For many, the cost of living in Bengaluru is a debatable topic; however, I feel the cost of living here is advantageous for all types of people, with reasonable housing, a vibrant culinary scene, and ample job opportunities.

Sharmili Pal, BM Reader
Bengaluru is a land of opportunity given our weather, startup culture, and presence of global organisations. Average compensations are higher, driving up the cost of living.

Rajeshwari, BM Reader
Regardless of how much money one makes in Bengaluru, one's desires will only be satisfied if there are constant distractions aimed at making life more enjoyable. However, maintaining monthly rents, expenses requires financial discipline on the part of those who live here.

Sunil Kumar, BM Reader
The cost of living has been increasing for decades. Rents have shot up due to many people coming to Bengaluru. It can be managed, and groceries and household items can be bought from colony shops.

SPEAK TO US

What is your favourite memory associated with Bengaluru?
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: Incorporating spinach into your diet can support bone health, aid in digestion

High in magnesium, black beans are a versatile legume that provides a significant amount of dietary fiber and protein

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Saturday, December 2, 2023
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GENTLY DOES IT? NOT ALWAYS

Gentle parenting can be really hard on parents, new research suggests

Are you a gentle parent? If so, chances are good that, just like your children, you may need a nap.

The idea of gentle parenting has been around since the 1930s but received increased attention over the past few years on social media and blogs, as well as in popular books, magazines and newspapers.

Despite its growing popularity, what remains unclear is what, exactly, this parenting style entails. Parenting author and self-described "gentle parenting" founder Sarah Ockwell-Smith has described gentle parenting as "a way of being" and "a mindset," with "an emphasis on your child's feelings." But does it mean no yelling? No punishment? How is it different from other established approaches to parenting? Is it good for kids? Equally important: Is it good for parents?

To explore what this gentle parenting movement is all about, my fellow family studies professor Alice Davidson and I gathered data from over 100 parents across the country with at least one child between the ages of 2 and 7. We asked these parents to tell us how they reared their kids, how they were reared by their own parents and how they respond when their child misbehaves. We also asked if they identified as a "gentle parent." For those who saw themselves as "gentle parents," we asked them: What do you mean?

These preliminary findings, which will be submitted soon for publication, should be interpreted with caution since the diversity of our sample was limited.

An internet phenomenon

About half our sample identified as "gentle parents." Those who identified as gentle parents were almost all white – 84% – and highly educated. The one diverse aspect of their profile was their age. Participants ranged from 32 to 51 years old, including both Gen Xers and millennials.

When asked how they were reared as children, these participants described their parents in simplistic ways, with terms such as "confrontational" and "reactive." In contrast, when asked to describe their own parenting, they used 50% more adjectives, including terms such as "affectionate," "conscious," "accepting" and, of course, "gentle."

There was, overall, a theme within these parents' responses that they would do a better job at parenting than their own parents did with them. In open-ended responses, some participants stated this goal plainly. One father replied: "[My approach to parenting is to] do the opposite of my parents. No spanking or physical punishment." Perhaps gentle parenting is more than just a parenting style – it's also a rejection of the parenting styles of previous generations.

Shifts in generational approaches to parenting are not new, from the behaviorist movement of the 1920s – Don't hug your kid! – to the attachment parenting of the 1990s – Always hug your kid! – to the more contemporary free-range parenting movement of the 21st century – Where is my kid?

Each movement is a reaction to the evolution of parenting scholarship. Yet the embrace of gentle parenting advice seems unique in that, despite its popularity on social media, it is not born of scholarship. Child development researchers have not followed these families to determine the extent to which this approach to child rearing is good for either kids or parents.

Attempting to find a common definition, we analyzed these parents' open-ended responses that described what "gentle parenting" means to them. For most, gentle parenting was primarily about staying calm in challenging moments with their kids.

A 42-year-old mother of a 3-year-old only child wrote that gentle parenting meant "having a moderate reaction – never getting too alarmed or being too permissive, always monitoring and adjusting expectations to the needs of the child and environment." A 35-year-old mother of 6-year-old twins wrote that gentle parenting meant "trying not to yell, trying very hard to manage my own feelings so that I don't hurt their feelings." These parents are working hard to keep their cool.

'Hanging on for dear life'

A secondary theme of gentle parenting among the parents we surveyed was about validating their kid's big feelings. Picture a kid having a meltdown at the mall. Sometimes this validation involved parents labeling an emotion: "I see you are very angry right now." Or they might allow their kid to freely emote: "We sit with the feeling." Often it involved giving affection: "I ask them if they want a hug."

These parents were also extraordinarily well versed in parenting literature. Many quoted best-selling author Becky Kennedy's Good Inside parenting manual or referenced philosophies from world-renowned early childhood educator Magda Gerber in their responses. They used nuanced terms such as "hand-in-hand," "gentle rein" and "conscious" to describe their parenting. They had all done their homework on how to be an excellent gentle parent.

Yet we noted two troubling themes in these parents' responses. First, none of them mentioned raising their children with help from their friends, family or community.

Second, many of them acknowledged, without prompting, that they were struggling to feel competent. When asked to describe her parenting approach, a 36-year-old mother of two children under 5 reflected that she often feels like she "has nothing to give" and gets "easily overstimulated and overwhelmed all day every day." She ended her reflections with the simple confession: "I often feel out of control."

She wasn't alone in those sentiments. Here are some others:

- "I'm hanging on for dear life."
- "I try to be gentle, but it can be challenging working full time and being stressed and having little support."
- "I confess I have no idea what I'm doing much of the time."

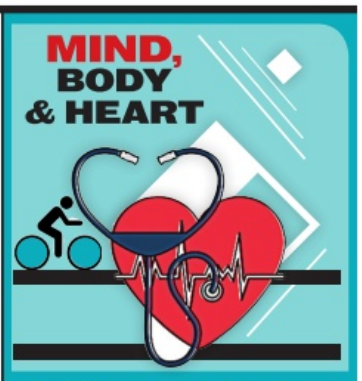
Over 40% of our "gentle parents" provided these sorts of confessions, illuminating a clear message: They are often not so gentle with themselves. They were frequently exhausted, uncertain, hard on themselves and lonely.

More harm than good?

We are currently expanding our sample with the goal of recruiting a much more diverse group of parents – not only in race or ethnicity but also in education level. We want to test whether this gentle parenting phenomenon is primarily limited to highly educated white parents. We also plan to follow these families over time to explore the sustainability of this gentle parenting approach and to see how their kids are doing. We wonder: Will the kids of gentle parents show the same sort of emotional restraint as their parents? Or will these children only build in the emotional control they wield over their parents?

Until we analyse that data, our message to these parents is short and sweet: Go easy on yourselves. Also, go ahead and take that nap.

Annie Pezalla, Macalester College, The Conversation



All you need to know about...

Leafy greens

Reduces colorectal cancer risk
Eating leafy greens, such as spinach, cabbage and broccoli, rich in folate, may help to reduce the risk of colorectal cancer, according to a study.

Folate helps
Folate is a natural form of vitamin B9 and is found in many foods. Good sources include foods such as spinach, cabbage, broccoli, sunflower seeds, wholegrains, pulses like chickpeas, lentils and beans, and fruit, especially citrus fruits like oranges. Folate is also available as a supplement in the form of folic acid. The findings by researchers at the Imperial College London suggests that increasing the intake of folate via diet or taking supplements can decrease the risk of colorectal cancer by up to 7 per cent.

Varied diet
"When it comes to bowel cancer, there are a number of things that people can do to reduce their risk, including eating a varied diet -- rich in wholegrains, vegetables, fruit, and beans -- which supports the findings from this study," said Dr Konstantinos Tsilidis, Reader in Cancer Epidemiology and Prevention at Imperial.

Vitamin B9
"The potential protective health benefits of vitamin B9 are demonstrated in this large study. The study also found some promising findings about how folate might be influencing cancer risk, including different genes, but these need further exploration," Tsilidis added.

Effective
According to the authors, the findings support the hypothesis that folate may be effective for CRC prevention, even at regular levels of intake that can be achieved through the diet.

—IANS

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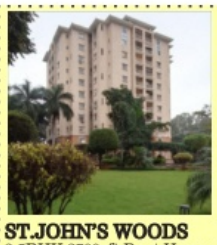

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CHANGE OF NAME

I, Govind Ram Suthar Residing at No.02, 22nd Cross, Sameerpura, K.G.Nagar, Bangalore South, Bangalore - 560019 My name mentioned some documents as Govind Ram Suthar, In My Kotak bank account name mentioned as Govind Suthar, now onwards Govind Ram Suthar will be my Official Name for further Documents vide affidavit dated 23.11.2023 Sworn Before Notary G.Dayananda, Bangalore.

I, Revathy Pozhekadavil Gopalan, aged 64 years, R/a: 387, G Floor, Sathian Nivas, 4th Cross, 8th Main, Viveknagar, Bangalore- 560047. I have changed my name to Revathy Sathian. Vide affidavit dated-01.12.23. Sworn before notary B Seshagiri, Bangalore.

VIRAJ Hegde s/o Shivalingaiah B L R/o #20 2nd Cross Chiranjeevi Layout Hebbal B'luru-560024 have changed my Son's name from Akshat Aarya Neeraj to Arya Viraj Hegde for all purposes.

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I, Arul Mary Amalanathan D/o, Amalanathan R/o No 6, Krishnappa Garden, Vannarpet Main Road, Bangalore - 560047. have changed my name to Arul Mary for all purposes

I Nikitha Satish R/o # 97, 1 A Main Road, 1st Cross, BEML 4th Stage, Rajarajeshwari Nagar, Bangalore, Karnataka-560098, have changed my name to Nikitha Satish Prashanth for all future purposes.

I, Shamrin Fathim N W/o, N Zahid Zada R/o No 5 4th Floor 10th A Cross Kanakanagar Bangalore 560032 have changed my name to Sharmin Fathima for all purposes.

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GET NOTICED

Fan boy

Special honour for Ranveer and a meeting with his screen idol

The ongoing third edition of the Red Sea Film Festival has turned out to be extra special for actor Ranveer Singh's fans.

Not only did the 'Simmba' star receive a special honour at the gala, but also got an opportunity to meet his 'screen idol' and Hollywood actor Johnny Depp in Saudi Arabia. The official Instagram page of the Red Sea Film Festival posted several pictures and videos from the ongoing edition.

In one of the images, Ranveer is seen striking a pose with none other than Johnny Depp. This particular moment has left Ranveer's fans excited. Reacting to the picture, an Instagram user commented, "Woaaah. Love this one."

"So lovely to see these two connect! Love Johnny Depp," another one wrote.

Both Ranveer and Johnny could be seen twinning in black. Ranveer undoubtedly shared his fanboy moment meeting Johnny Depp. He also gave him a huge shout-out while receiving a special honour at the festival.

A viral video has been doing the rounds on the internet in which Ranveer said, "Wow! One of my screen idols is in the house, ladies and gentlemen, Mr. Johnny Depp. My good, sir, I've followed your work since Edward Scissorhands and What's Eating Gilbert Grape. What an honor to be receiving this in your presence. Thank you for everything that you unknowingly taught me about the craft. Master of transformation, versatility, something that I am inspired by you."

—ANI

Hanging out with friends

Bollywood actress Deepika Padukone gave a sneak peek into her day out with her girlfriends in London, giving her fans best friend's goals.

Taking to Instagram, Deepika, who enjoys a massive fan following of 77.6 million followers, shared some photos with her friends Sneha Ramchander and Divya Narayan.

In the photos, we can see the 'Piku' actress flashing her bright smile for the selfie.

The next picture shows the girls standing against a floral backdrop and posing for the lens. Deepika is wearing a white hoodie, matching joggers and layered the outfit with a brown coat. Her hair is tied in a neat bun. She captioned the photo with an infinity symbol. Her friend shared a picture of them together sitting in a fine dining restaurant. —IANS

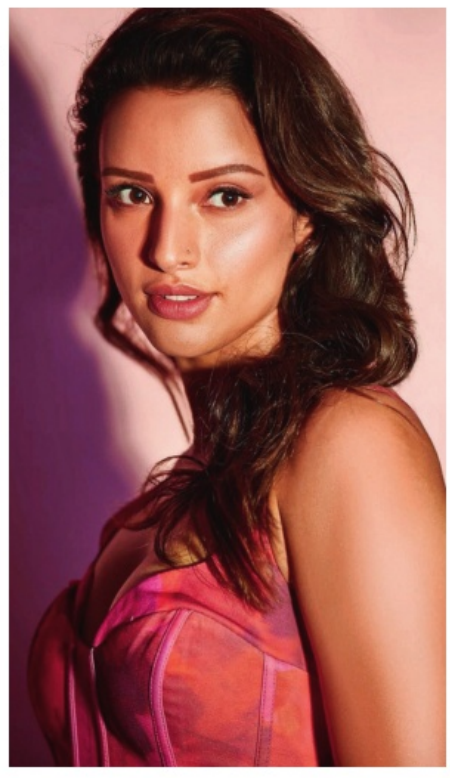
Ananya for India

Bollywood diva Ananya Panday will be representing India at the prestigious Red Sea International Film Festival in Jeddah, and shared it is a proud moment for her. The festival is known for its celebration of diversity in cinema. She will also be attending Vanity Fair's Women in Cinema forum.

Expressing her gratitude, Ananya shared: "It's an honor to be part of an esteemed festival such as the Red Sea International Film Festival. Representing India on this platform is a proud moment for me." Her participation will surely highlight the growing global influence of Indian cinema and the talent within the industry.

On the work front Ananya has 'Kho Gaye Hum Kahan', 'Control', and 'The Untold Story of C Sankaran Nair'. —IANS

Triptii gets nostalgic



How time flies! Triptii Dimri and Babil Khan-starrer 'Qala' has clocked a year on Friday. The film, written and directed by Anvitaa Dutt, premiered on Netflix on December 1, 2022, with Triptii Dimri in the lead as Qala Manjushree, a renowned singer haunted by her past. Recalling working in the film, Triptii said, "'Qala' was more than just a film. It was a journey of self-discovery, resilience, emotions, passion and love for art. I'm grateful to Anvitaa Dutt and Clean Slate Filmz for allowing me to bring this story to life and pushing me to deliver a performance to be proud of. Here's to the power of storytelling and to everyone who embraced the film with open hearts. Truly grateful for the journey this film has taken us on."

At the moment, Triptii is being lauded for her role in 'Animal', which hit the theatres today. Helmed by Sandeep Reddy Vanga, 'Animal' also stars Ranbir Kapoor, Anil Kapoor, Rashmika Mandana and Shakti Kapoor.

—ANI

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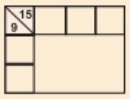
SOLVE IT IN A MINUTE

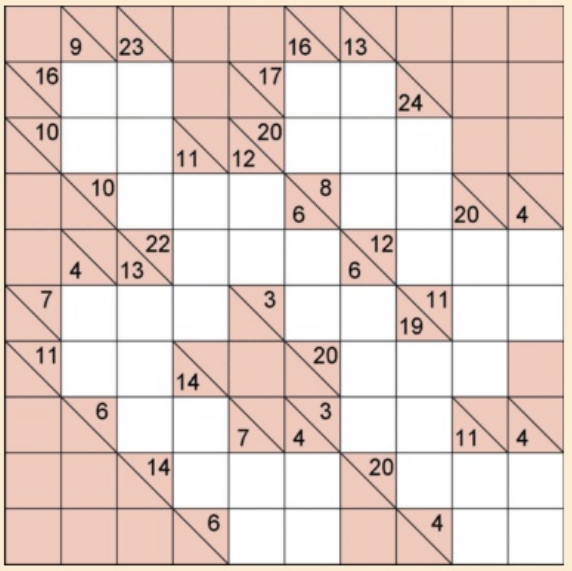
51 % of a number is 714.
What is 28% of that number?

Kakuro

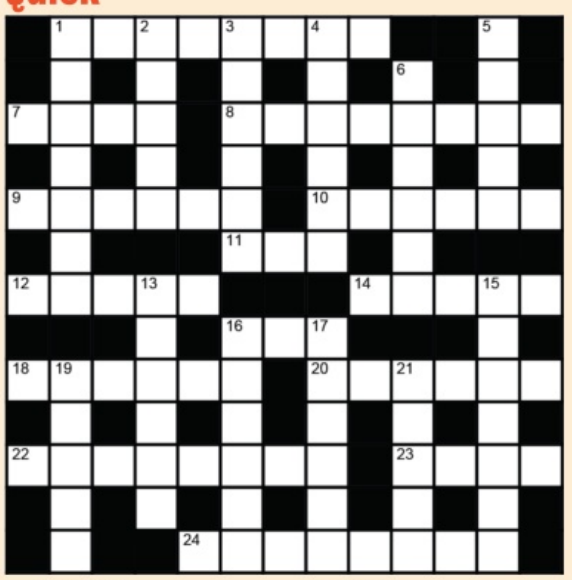
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.





Quick



ACROSS

1 Burning very brightly? (2,6)
7 Arm bone (4)
8 Extinct elephants (8)
9 Young one in the sty? (6)
10 A rain cloud (6)
11 Feminine pronoun (3)
12 Sparkle brilliantly (5)
14 Oil producing fruit (5)
16 Old French coin (3)
18 Meal (6)
20 Magnificent (6)
22 Paints or represents (8)
23 Reverberate (4)
24 Brahms or Beethoven (8)

DOWN

1 Malice (3-4)
2 Beat with a threshing tool? (5)
3 Lets in (6)
4 White fur (6)
5 India's first P.M. (5)
6 Ordinary (6)
13 A crudely built hut or cabin (6)
15 Bangalore's second largest lake (7)
16 Sound system (6)
17 Exhausts (4,2)
19 Live (5)
21 Looks through a small hole (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: W EQUALS D

STHD LKVGTHK RAT VGB GEEAUW OD WAKHB'D IKGB RAT HXATCW LTR OD.

Linemaro

I was feeling a little off today, but you turned me on

Mindchow

Things we touch have no permanence

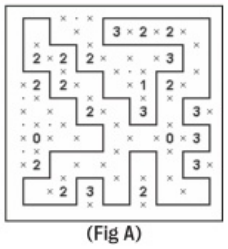
Joke of the day

I walked up to the information desk at the airport and asked, 'How many airports are there in the world? '

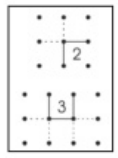
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

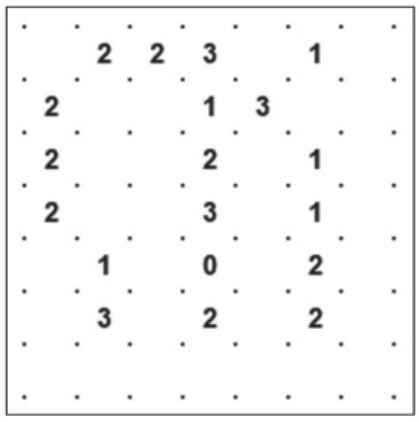


(Fig B) Not Allowed

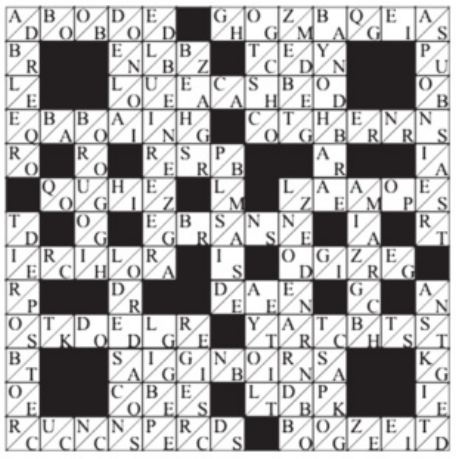
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



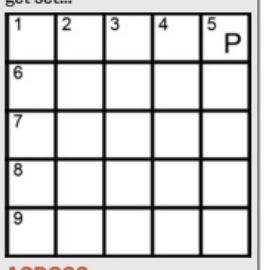
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Camps; 6 Lunar; 7 Nag me; 8 Ramus; 9 Camos

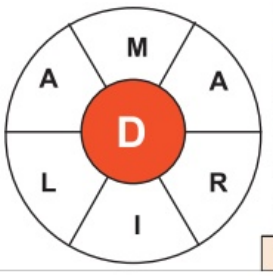
DOWN

1 Camus; 2 Coral; 3 Unman; 4 Gamma; 5 Spers

Mensapuzzle

Which hexagon below has most in common with the hexagon on the right?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

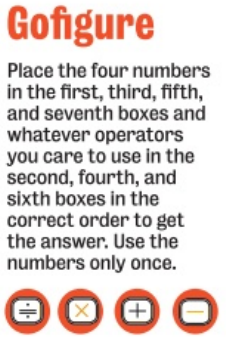
SudokuChallenge

		4				9		
2					9			
	8	9			7			4
5				3	6			7
8	2						9	1
4			9	1				5
7			6			1	3	
			1					9
		6				4		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



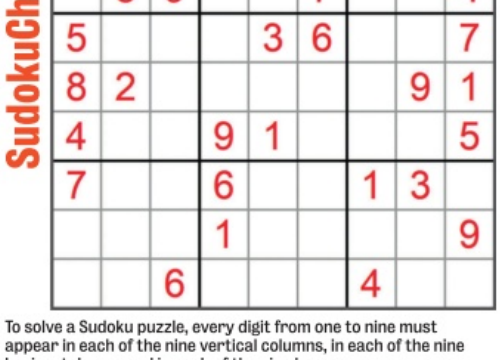
Easy = 3
4 4 5 8

Medium = 30
2 5 5 9

Hard = 36
3 6 7 4

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Woman's arm is longer. 2. Arm of sofa is longer. 3. Shirt collar is different. 4. Apron strap is moved. 5. Plant leaf is missing. 6. Necklace is added.

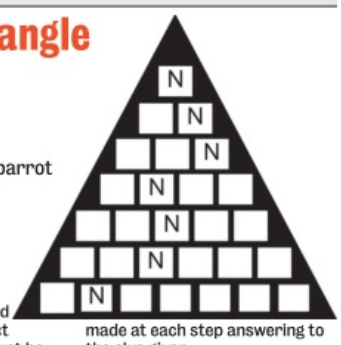
Riddler

Each of these pairs of words is a rhyme for a familiar phrase. (ex: car and ride = far and wide)

1. Toe and shell
2. Side and coup
3. Graze and greens
4. Frost and ground

Alpha triangle

1 One of the poles
2 Opposite of off
3 Scam
4 A single time
5 Light weight?
6 South American parrot
7 Root out



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

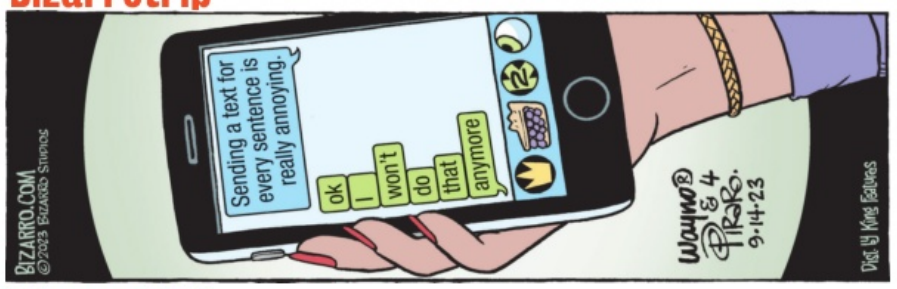
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

GRANNY, WHEN YOU WERE A KID, WHAT DID PEOPLE DO AT NIGHT ?
8-31
SAME AS NOW, POKEY... SAT AROUND AND WATCHED THE FIRE
OF COURSE, IT WAS JUST BLACK-AND-WHITE FIRE BACK THEN

Bizarrotrip



Diamond Lil

I JUST JOINED A CLUB
IT'S CALLED THE FRATERNAL ORDER OF SAWMILL ENTHUSIASTS
WHERE DO YOU MEET?
IN A BOARDROOM
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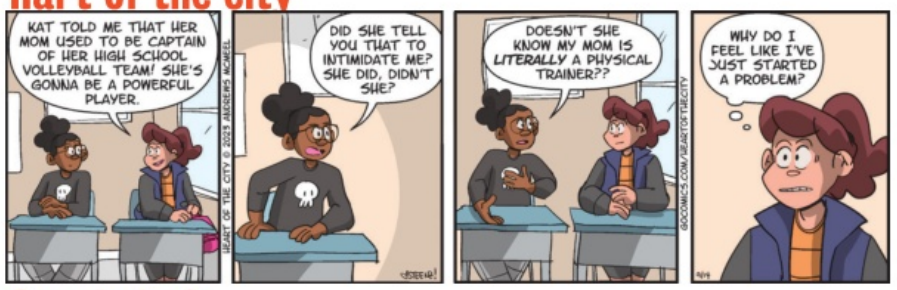
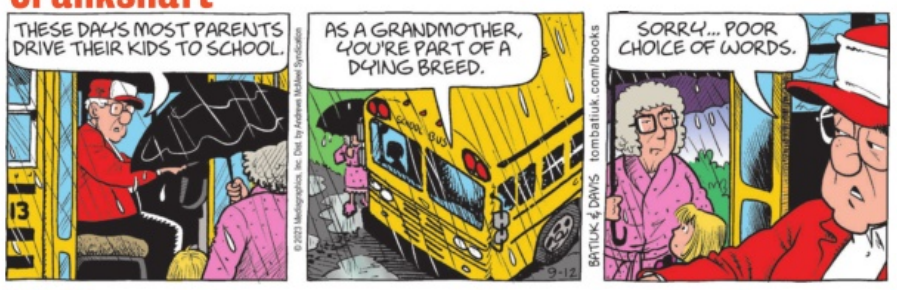
Hart of the city


KAT TOLD ME THAT HER MOM USED TO BE CAPTAIN OF HER HIGH SCHOOL VOLLEYBALL TEAM! SHE'S GONNA BE A POWERFUL PLAYER.
DID SHE TELL YOU THAT TO INTIMIDATE ME? SHE DID, DIDN'T SHE?
DOESN'T SHE KNOW MY MOM IS LITERALLY A PHYSICAL TRAINER??
WHY DO I FEEL LIKE I'VE JUST STARTED A PROBLEM?

Crankshaft


THESE DAYS MOST PARENTS DRIVE THEIR KIDS TO SCHOOL.
AS A GRANDMOTHER, YOU'RE PART OF A DYING BREED.
SORRY... POOR CHOICE OF WORDS.
BATIUK & DAVIS tombatiuk.com/books

Mutts

SHMILLIE KNEW SHE SHMADE A BIG MISHTAKE AND QUICKLY THREWOUT MY CAT BELL.
GOOD.
DUE TO THEIR SENSITIVE HEARING, THAT BELL CAN BE VERY IRRITATING TO CATS.
YESH
AND TO SHMILLIES.
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, blessings from elders will give you confidence. You shall follow your intuition before taking any initiatives that will help you in your work. Your intuition will help you gain more in terms of finance. You will plan to visit some religious places with your family members. You shall control your arrogance to enjoy your domestic life. Students will expect good results with the help of destiny.

Taurus Apr 21 – May 20
Today until noon, you may feel happy and enjoy your work; from the afternoon onwards, negative feelings will make you dull. It will affect your professional life, and you will expect some domestic arguments as well. You shall avoid lending money to anyone; it might not be recoverable easily. You will analyse yourself and figure out your negativities. Occult sciences will attract you today in terms of study.

Gemini May 21 – Jun 21
Today, you are blessed by the moon. You have been in a very good mood since this morning. You will be more romantic, and it will bring harmony into our domestic lives. Your patience will help you do your best professionally. You will see some coordination with your colleagues and business partners.

Cancer Jun 22 – July 23
You will be successful in controlling leakage and worthless expenditures, which will boost your bank balance. You should be careful about kids' health. Singles can make unexpected progress in terms of marriage. Persons related to travel, diplomats, and the supply chain will do better. You should be careful about stomach issues.

Leo Jul 24 – Aug 23
Today, your plans will not work on a professional front, which will make you arrogant. You should try to avoid making important decisions in terms of investment and relationships. Couples and lovebirds should try to avoid arguments to maintain harmony in their relationships. Students should not choose shortcuts in their studies.

Virgo Aug 24 – Sep 23
Today, the moon will make you more sensitive and emotional. You should avoid investing in real estate or other assets. You should take care of your parent's health. You will expect some delay in your work, and you will face it with patience. On the professional front, you should not be indecisive.

Libra Sep 24 – Oct 22
Today you will be glad; you will be able to maintain a balance between your earnings and expenditures, which will boost your finances. Your network will help you implement your plans. Your siblings and subordinate staff will be more helpful today. Plan to visit elders or religious places.

Scorpio Oct 23 – Nov 22
Today, your energy level will be high, so it will make you happy and optimistic to fulfil your desires with the help of hard work. You will plan to go on outings with friends and family to share your happiness. Students will receive good news in terms of study.

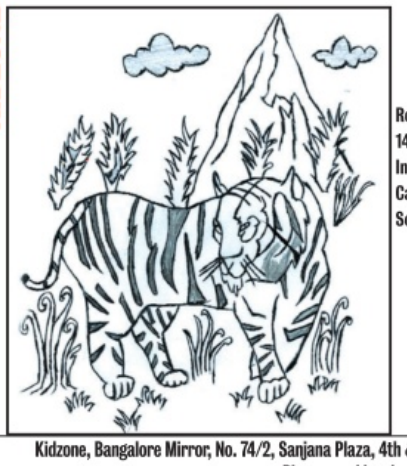
Sagittarius Nov 23 – Dec 22
Today until late afternoon is not good; you may feel unhappy and become nervous, but after noon onwards, you will be more happy; internal vitality will boost your self-confidence. You should avoid carelessness in making decisions in terms of finance, profession, and studies. Sometimes, you may face self-respect issues with your spouse. You need to keep your patience to avoid converting happy moments into bad ones. Love birds will plan for short trips.

Capricorn Dec 23 – Jan 20
Today, your tendency to overspend will affect your savings. You should be careful while expressing yourself at work and on the domestic front, too. You should avoid lending money. You should postpone making important decisions in real estate and other asset issues. You should try to avoid a tendency to deviate from your responsibilities.

Aquarius Jan 21 – Feb 19
Today, socially, you will re-establish your network, which will give you benefits in the near future. Natives related to glamour, art, and fashion will plan to do something new in terms of their profession. Students will perform better today in terms of study. Lovebirds will enjoy their happy moments.

Pisces Feb 20 – Mar 20
Today will be a busy day for you in terms of work. Overload may make you tired, but you will enjoy your work. You will be good. You will not spend money on worthless stuff. You will be more polite with your family, friends, and loved ones. You may also get some good news from family members.

KIDZONE



Rohit, 14 Years, Indiranagar Cambridge School

T C Vaishnave, 9 Years, JGR Vidya Kendra

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
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SOLUTIONS

SOLVE IN 1M
714÷51%
= 1400 x 28%
= 392

BULL'S EYE
ADMIRAL, amid, arid, dial, dram, drama, ilal, lard, mald, mild, radial, rald

FAST FIVE

S	C	A	M	P
A	R	U	M	S
C	O	M	A	S

RIDDLER
1. Show and tell,
2. Tried and true,
3. Ways and means,
4. Lost and found

STRIKE OUT

A	B	O	D	E	H	O	M	A	G	E	S	U		
B		E	B	B	T	E	N							
L		L	E	A	C	H	E	D		B				
E	B	B	I	N	G	O	T	H	E	R	S			
R	O		E	S	P		R			I				
P	I	G	L	E	T	N	I	M	B	U	S			
L		L												
U		L	A	M	P	S								
T	G		L		L	A	M	P	S					
I	C	H	O	R	I	O	G	R	E					
P		D		D	E	N		C		A				
S	T	O	D	G	E	Y	A	C	H	T	S			
T		S	I	G	N	O	R	A		K				
E		O	B	E	T	D	P			E				
R	U	N	N	E	R	S		O	O	Z	E	D		

QUICK

														T
				Y										
P	I	C	T	U	R	E	S		E	C	H	O		
R	E	P	A	S	T		S	U	P	E	R	B		
F	L	A	S	H			O	L	I	V	E			
P	I	G	L	E	T		N	I	M	B	U	S		

MENSA PUZZLE
C: the two circles overlap each other and the square; the triangle and square overlap.

QUOTE UNCODE
Just because you can afford it doesn't mean you should buy it.

SUDOKU

6	7	4	5	2	1	9	8	3
2	3	5	4	8	9	7	1	6
1	8	9	3	6	7	2	5	4
5	9	1	2	3	6	8	4	7
8	2	3	7	4	5	6	9	1
4	6	7	9	1	8	3	2	5
7	5	2	6	9	4	1	3	8
3	4	8	1	7	2	5	6	9
9	1	6	8	5	3	4	7	2

ALPHA TRIANGLE
N, On, Con, Once, Ounce, Conure, Uncover.

GO FIGURE
Easy
4 – 5 + 8 – 4 = 3
Medium
9 – 5 + 2 x 5 = 30
Hard
7 – 4 + 3 x 6 = 36

LOOP

KAKURO

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Romcom that's not quite all there

ARDHAMBARDHA PREMAKATHE

3.0 RATING ★★★☆☆

- **DIRECTOR** Aravind Kaushik
- **ACTORS** Aravind KP, Divya Uruduga, All Ok, Abhilash Dwarakish, Suraj Hugar, and Shreya Babu
- **CERTIFICATION** U/A
- **Duration** 136 minutes

Aravind Kaushik, who had directed the Kannada movies Nam Areal Ond Dina, Tughlaq, and Huliraya, ensured to keep the suspense high in this romcom that keeps the audiences guessing. The story about a boy and a girl agreeing to spend some time with each other though they do not know each other, seems incongruous and also different to some extent; the director has justified it in his own inimitable style of narration.

The movie begins with a youth (Aravind KP) meeting a young woman (Divya Uruduga) on the road in a peculiar situation and both agree to be together on a condition – Each of them should neither insist on knowing the other's name nor about their background. (The script of the movie is unique because this type of arrangement or agreement rarely takes place in real life). The youth takes her on his bike to different locations. They decide to go home after spending the whole day chitchatting. On the way, the fuel tank becomes empty and they go to a petrol pump. The young woman goes to the restroom. When she returns, her one-day companion is missing.

Meanwhile, the audiences are told that the young woman is a fashion designer and has just broken up with her boy friend Kishore (Sooraj Hoogar). Kishore demands that she pay Rs 10 lakh as compensation for the breakup. What happens to the young woman and the youth is what Ardhambardha Premakathe is all about.

Aravind and Divya are both equally good in their performances. Aravind is good with dialogues and gestures. Divya looks beautiful. Her dialogues and innocent gestures tickle your funny bone. Sooraj Hugar is convincing as a villain. Abhilash Dwarakish, Shreya Babu, All Ok have provided good support.

Music by Arjun Janya is very good. Among the songs, Jingalaka Laka Laka, is peppy.

The drawback of the movie is the post-intermission session which tests audiences' patience a little bit.

The movie is worth a watch for youngsters.

—Y Maheswara Reddy

Trust, but at your own risk

SHOSHITE

3.5 RATING ★★★½☆

- **DIRECTOR** Sasidar Reddy Parlapalli
- **ACTORS** Janvi Rayala, Roopa Rayappa, Darshan Venkatesh, Prashanth, Sikandar, Dr Vatsala
- **CERTIFICATION** U
- **Duration** 144 minutes

Director Sasidar Reddy Parlapalli debuts as a full-fledged director in Sandalwood with this movie which effectively conveys the much-needed message to homemakers who trust their neighbours or classmates or schoolmates and go any extent to help them. Sasidar deserves appreciation for this movie based on a real incident that took place in Andhra Pradesh. Though the pre-intermission session is a bit of a drag, the post-intermission is quite interesting.

The movie begins with the camera focusing on Jyothi (Janvi Rayala) visiting a gynaecologist along with her husband Kishore (Prashanth). The doctor advises Jyothi to take some medicines for six months to get cured of PCOS. Kishore works at a public sector bank while Jyothi is a homemaker.

Meanwhile, Kishore's mother enquires him about Jyothi's health and wants to know whether Jyothi is pregnant. At this juncture, Jyothi gets a SMS from her classmate Savita (Roopa Rayappa). Jyothi invites Savita to her house. Savita requests Jyothi to give her jewellery to mortgage with a pawnbroker for one week. What happens to Jyothi and Savita is what Shoshite is all about.

The movie has a message for all innocent homemakers. The director aptly shows how crooked women, whether they are classmates or neighbours, take innocent and helping women for a ride.

Janvi Rayala walks away with all honours for her sterling performance. Janvi not only looks beautiful but also is convincing as an innocent homemaker who is vulnerable to all types of exploitations. Roopa Rayappa, as an incorrigible crook who has the ability to convince others without any hassles, has acted well. Darshan Venkatesh, as a concerned brother of a hapless sister, is convincing..

It is worth a watch for family members, especially for homemakers.

—Y Maheswara Reddy

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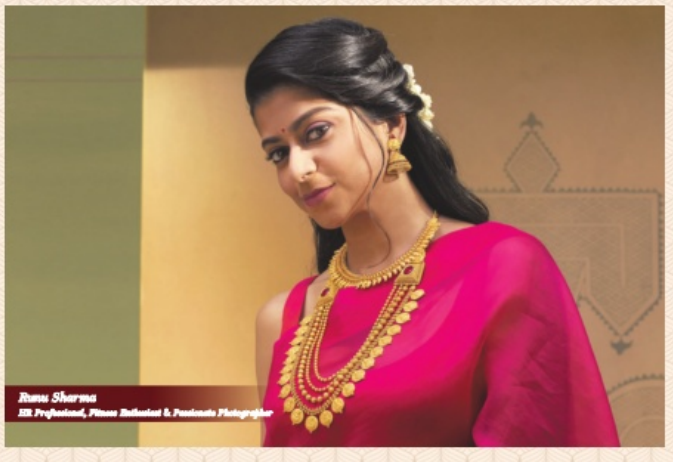

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